



Rosehouse Health & Wellness Center

November 2005

MONDAY/LUNDI	TUESDAY/MARDI	WEDNESDAY/MERCREDI	THURSDAY/JEUDI	FRIDAY/VENDREDI
	1 9:00 - Fun and Fitness 12:15 - Line Dancing 1:00 - Games	*2 8:15 - Exercise 9:30 - Exercise 12:00 - TEXAS HOLD'EM POKER TOURNAMENT 1:00 - Games	3 9:00 - Fun and Fitness 10:00 - Line Dancing (tape) 1:00 - Games	4 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 1:00 - Games 1:00 - Bingo
7 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 12:30 - Bridge 1:00 - Games	8 9:00 - Fun and Fitness 12:15 - Line Dancing 1:00 - Games	*9 8:15 - Exercise 9:30 - Exercise 11:00 - BEATING THE HOLIDAY BLUES 1:00 - Games 1:00 - Poker	10 9:00 - Fun and Fitness 10:00 - Line Dancing (tape) 1:00 - Games	11 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 1:00 - Games 1:00 - Bingo
14 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 12:30 - Bridge 1:00 - Games	*15 9:00 - Fun and Fitness 10:00 - YOU GOTTA LAUGH! 12:15 - Line Dancing 1:00 - Games	*16 8:15 - Exercise 9:30 - Exercise 11:00 - ELDERCARE SOLUTIONS, INC. 1:00 - Games 1:00 - Poker	17 9:00 - Fun and Fitness 10:00 - Line Dancing (tape) 1:00 - Games	18 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 1:00 - Games 1:00 - Bingo 2:00 - EQUIPMENT ROOM CLOSES EARLY
21 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 12:30 - Bridge 1:00 - Games	22 9:00 - Fun and Fitness 12:15 - Line Dancing 1:00 - Games	23 8:15 - Exercise 9:30 - Exercise 1:00 - Games 1:00 - Poker	*24 THANKSGIVING DAY CENTER CLOSED	*25 ACADIAN DAY CENTER CLOSED
28 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 12:30 - Bridge 1:00 - Games	29 9:00 - Fun and Fitness 12:15 - Line Dancing 1:00 - Games	30 8:15 - Exercise 9:30 - Exercise 1:00 - Games 1:00 - Poker		



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NOVEMBER 2005

- 2nd TEXAS HOLD'EM POKER TOURNAMENT - 12:00 PM** - For the first time, Texas Hold'em Poker will be included in the Acadiana Senior Games (Senior Olympics). Sign up to participate in our tournament and see if it is a Senior Olympic Event that you might want to sign up for. When you sign up, be sure to pick up a copy of the rules. **PLEASE PRE-REGISTER BY TUESDAY, NOVEMBER 1st.**
- 9th BEATING THE HOLIDAY BLUES - 11:00 AM** - The Thanksgiving and Christmas Holidays can leave many of us tired, stressed and depressed! Kate Ordeneaux, Extension Home Economist for Lafayette Parish, will share ideas to help us avoid the Holiday Blues. **PLEASE PRE-REGISTER BY TUESDAY, NOVEMBER 8th.**
- 15th YOU GOTTA LAUGH! - 10:00 AM** - Theresa Cummings says that she has always wanted to be a stand-up comedienne and make people laugh. Research has shown how important laughter is to help us heal. After leaving the New Orleans area following Katrina, Theresa feels that now is the perfect time to start laughing. **PLEASE PRE-REGISTER BY MONDAY, NOVEMBER 14th.**
- 16th ELDERCARE SOLUTIONS, INC. - 11:00 AM** - Applying for Medicaid can be a frustrating experience and mistakes made during the process can result in losing your benefits or being disqualified from receiving benefits. Attorney Fred Bailey will provide you with Medicaid planning that works! **A LIGHT LUNCHEON WILL BE SERVED. PLEASE PRE-REGISTER BY MONDAY, NOVEMBER 14th.**
- 24th THANKSGIVING DAY - CENTER CLOSED.**
- 25th ACADIAN DAY - CENTER CLOSED.**



Rosehouse Notes

120 Statesman Drive
Lafayette, LA 70506

291-5444

FALL EXERCISE CLASS SCHEDULE

8:15 AM - 9:15 AM MWF Modified (Low-Impact) Aerobics
(No registration or fee)
9:30 AM - 10:30 AM MWF Low-Impact Aerobics
11:15 AM - 12:15 PM MF Yoga
9:00 AM - 10:00 AM TTh Fun and Fitness
(Chair Exercise - No Registration or fee)

You must be 55 years or older and have a medical release form signed by your physician and on file at the Rosehouse in order to participate in any of the exercise classes or to use the Equipment Room. Medical release forms may be picked up at the Rosehouse.

EQUIPMENT ROOM ORIENTATION - 10:00 AM to 11:00 AM - Thursdays.

BEGINNERS LINE DANCING CLASS - 10:00 AM - 11:00 AM - Thursdays
We are using a videotape to learn basic line dancing as well as some other fun dances - The Train, The Hustle, Macarena and Cotton Eye Joe to name a few. There is no fee or registration for this class.

LINE DANCING CLASS.
12:15 PM - 1:15 PM Tuesdays

DON'T FORGET! **Tuesday, November 8th, 9:00 AM to 1:00 PM**
Connections for Independent Living Event
Robichaux Recreation Center,
1919 Eraste Landry Road

Each month, we will feature a different tournament that will be in the 2006 Senior Olympics. If you have never played them before, we will have the official rules available for you to pick up. When possible, we will have the equipment here so that you can practice ahead of time. Team games (such as Beanbag Baseball) will need a captain so get your teams ready and start practicing!

DID YOU KNOW...Being overweight or obese accounts for 20% of all cancer deaths among women and 14% among men, notes the American Cancer Society. Even if you're not technically overweight, gaining just 10 pounds after the age of 30 increases your risk of developing breast, pancreatic, and cervical, among other cancers.

ATTENTION!!! - Web address to access our calendar:

<http://www.lafayettela.gov/cd/dpt842seniorcenter.asp>